

Year 2
Autumn 2

Manor Leas Infant School Knowledge Organiser

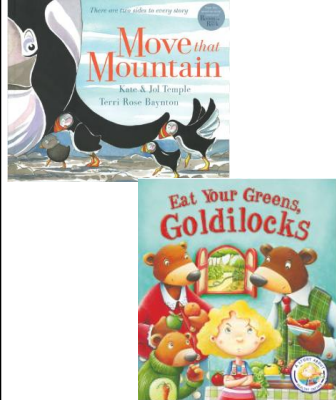
Physical Education

Fitness



Star Words	Definition
Speed	How fast or slow you move.
Strength	How powerful your muscles are and what they can do.
Stamina	How long you can keep going before getting tired.
Energy	What your body uses to move, play, and stay active.

Helpful Books



Home Learning Ideas

What's that Word?

What you need: people you live with

How to play:

- As a household choose three words that you are going to be your 'what's that' words for the day, e.g CAN, YOU and TV.
- Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises.
- Don't forget to remind them by saying: "What's that word?"

www.getset4education.co.uk

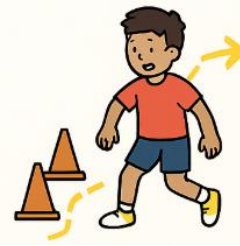
Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

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Sticky Knowledge

In fitness you will learn to develop your understanding of the benefits of exercise and a healthy lifestyle on your physical body, your mood and your overall health. You will develop balance, agility and coordination..



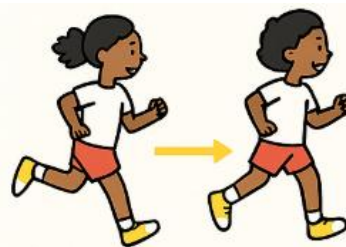
Use small, quick steps to change direction.



Squeeze your muscles to help you balance.



Move body parts at different times to skip.



Use shorter steps to jog and bigger steps to run.



Strength helps with everyday tasks.



Run slower if running for a long time.